



Inside CommonHealth

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IMPORTANT NUMBERS

Know someone who wants to quit smoking, dipping, or chewing tobacco? Is having a baby? Is stressed over family and job demands?

Here are resources that can help:

Healthy Lifestyles

Quit Tobacco
Diet/Nutrition

Healthy Beginnings
Pregnancy

866-938-0349

Employee Assistance:
www.dhrm.virginia.gov
Employee Programs
Anthem: 800-346-5484
855-223-9277

Aetna: 888-238-6232
Kaiser: 866-517-7042

PAGE 2

WINTER AC MEETINGS

WELLNESS SUPERHEROES

HEALTH SCREENINGS

PROGRAM NOTES



Are you stressed? Maybe you feel it, maybe you don't. Either way you probably have stress, as 70% of Americans admit to feeling stressed during the workday. Deadlines. Challenging colleagues. Hostile customers. Too much work, not enough time. Whatever it is that causes you stress, you probably have it. How does it affect you? Do you have headaches? Are you sick? Do you have trouble concentrating? There are ways you can help lessen

the stress in your life and you can handle it better!

Why is this so important? Stress can cause illness, decrease productivity, be very costly, and can even increase your weight gain. So CommonHealth wants you to Dial it Down to Stress Less! Join us for our latest campaign and learn fun and practical ways to decrease your stress and improve how it affects you, so that you have fewer health risks! Incentive gifts available for participants while supplies last.

Contact your Regional Coordinator to schedule an on-site training today and participate in our Wellness Wednesdays starting in January.

Great Resources

Often times stress can create many different kinds of issues, and so in addition to our campaign, you may want to check with our partners for other resources for challenging times. Employee Dispute Resolution (EDR) is there to help with issues that occur with others on the job. Call them at 888-23ADVISE or check their [website](#). The Employee Assistance Program (EAP) offer all types of assistance and are available through the health benefits plan, so they are based on your enrollment.

COVA Care and COVA HDHP: Anthem EAP 855-223-9277 www.AnthemEAP.com Log In: Commonwealth of Virginia

COVA HealthAware Aetna EAP 888-238-6232 www.mylifevalues.com Username: COVA/ Password: COVA

Kaiser Permanente HMO Kaiser EAP 866-517-7042 www.achievesolutions.net/kaiser

Need Ideas to Interest Your Staff? Explore, Set, & Engage

Finding the perfect way to get your staff going is as easy as 1-2-3.

Explore: Check out the [Agency Coordinator Toolkit](#) that was provided on the jump drive at the CommonHealth Academies or through the above link to our website! There are a lot of great ideas to get you started. Plan wellness into the year, try the 12 Months of Wellness or the National Health Observances Calendar. **Set** a timeframe where it fits. Be ready for your staff to join in-just encourage them and they will **engage**. (If you build it, they will come!) Still need help, ask your Regional Coordinator!



Inside CommonHealth

Winter Agency Coordinator Meetings

All Agency Coordinators are encouraged to attend the upcoming winter agency coordinator meetings because not only is it an opportunity for training and a sneak peek of the upcoming campaign, Dial It Down, but it is also a celebration of appreciation for all that you do as an AC. The meetings are held regionally during December and January, so check with your RC for location, date, and time, but please plan to attend. We promise, it's worth it!



Wellness Superheroes

With over 190 years of combined health, nutrition, and fitness experience, your Regional Coordinators pack a powerful punch of wellness for you! CommonHealth's nine Regional Coordinators are part of the Department of Human Resource Management's Employee Programs. Their health education campaigns reach over 100,000 employees at state agencies. They also manage wellness programs for almost 400 local government agencies through The Local Choice health benefits program. Your Regional Coordinator stays busy not only with presenting our health campaigns but also developing them every step of the way. These "wellness powerhouses" show their originality by developing every health campaign from start to finish including research, program content, presentations, activities, Weekly Wellnotes, publications, materials, and challenges. Your Regional Coordinator ensures a comprehensive, timely health topic with action steps every time. In addition, CommonHealth Regional Coordinators collaborate with the Governor's health initiative to make Virginia employees the healthiest in the nation. To learn more about your talented Regional Coordinators, please visit the CommonHealth website at <http://commonhealth.virginia.gov/coordinators.htm>, and click on each coordinator for individual bios. All this superpower wellness programming comes from nine extraordinary state employees! Please keep all of this in mind and schedule your campaign visits and events as early as you can before they book up. CommonHealth wants to be there for YOU and your staff! Power up healthy!



Health Screenings

CommonHealth no longer coordinates the bi-annual health screenings, and in fact, employees are encouraged to see their primary care physicians (PCP) for the free annual screenings (not even a co-pay). The rapport you have with your PCP is important and the screenings help them understand your health baseline. If you are having a benefit fair and want to offer a screening because it is highly requested, what do you do? Often times, hospitals and clinics will do them for a fee, so you may check into that option. Your PCP will be able to better understand your results and how they pertain to you, so even if you get screened at health fair, be sure to share those results with them. Don't forget to update your information at MyActiveHealth.



Program Notes

The **Move It Virginia** campaign ends on December 31, 2015. This session encourages participants to lower their risks for chronic disease and improve their health by moving more throughout the day and eating healthfully. We look forward to seeing you for a **Dial It Down—Stress Less** session, which will help you improve your health by lowering your stress levels.

Sincerely,
The CommonHealth Team



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